

PD Activity 1 - Mental Wellness Workshop

<https://www.kamloopsy.org/mental-wellness-workshops.htm>

Description: These are Mental Wellness Workshops offered by the Kamloops Family Resources Society. These workshops are designed to help participants raise mental health awareness, cope with stress, and develop positive mental adjustment strategies through professional guidance and interactive activities. The content may cover topics such as emotion management, stress relief, positive thinking exercises, etc. and is suitable for individuals, families or the workplace.

Reflection: As a teacher, participating in this type of mental health workshop is of dual significance to my professional development and personal growth. Educators face intense work pressure over a long period of time. Mastering effective psychological adjustment skills not only enhances my ability to resist stress, but also improves my teaching condition so that I can cope with the challenges of classroom management and home-school communication more comfortably. In addition, the tools and strategies in these workshops (such as positive thinking exercises or emotional regulation techniques) can also indirectly benefit my students - by integrating mental health knowledge into my daily teaching, I can better support my students' emotional needs and create a more inclusive and safe classroom environment.

PD Activity 2 - Documentary Most Likely to Succeed

<https://www.imdb.com/title/tt4267108/>

Description: I plan to watch the documentary Most Likely to Succeed (2015) during the semester, directed by Greg Whiteley, which focuses on education reform in the United States, specifically the use of Project-Based Learning (PBL) in real schools. According to the introduction, the movie demonstrates a different approach to curriculum design and assessment from the traditional classroom by documenting the teaching practices of an innovative school (High Tech High) and includes real interviews with teachers and students. This will help me to understand how to change teaching from "test-oriented" to "competency-oriented".

Reflection: As a new teacher exploring teaching styles, I am interested in how to motivate students to learn and develop real-world skills. I would like to watch this documentary to think deeply about how I can practice project-based or inquiry-based instruction in my STEM classroom to enhance student engagement and ownership. I would also like to reflect on whether I am currently relying too much on traditional lecture and quiz formats in my teaching and find more flexible and creative teaching strategies from the real-life examples in the movie.

PD Activity 3 - Teaching Outdoor Safety and Navigation

Description: I am planning to attend a professional development course called “Teaching Outdoor Safety and Navigation”, which aims to enhance my professional competence in organizing and guiding outdoor learning activities for students. The course will cover a number of practical topics, including the basics of maps and compasses, locating in the natural environment, safety hazards and coping strategies, the basic process of risk assessment, and how to design exploratory outdoor learning tasks that meet the objectives of the course. The training will also incorporate real-life teaching cases to help teachers better manage the balance between safety and pedagogical values when organizing outdoor activities for students.

Reflection: As a beginning teacher, I value authentic learning experiences that take students “out of the classroom,” especially in STEM, geography, and life sciences, where outdoor instruction can provide students with more intuitive understanding and deeper engagement. However, I am aware that the lack of systematic safety knowledge and organizational experience may cause me a lot of concern in practice. Therefore, I hope that this training will systematically equip me with the knowledge and skills related to navigation and safety in outdoor teaching and learning, and improve my confidence and ability to plan and lead outdoor exploration activities. In addition, I believe that this training will enhance my ability to guide students in the “21st century skills” of independent inquiry, problem solving, and teamwork, which will become an important part of my classroom design and long-term teaching philosophy.

PD Activity 4 - Wild Food Foraging Tour Walk

<https://natureminded.ca/Foraging.html>

Description: I plan to participate in a “Wild Food Foraging Tour Walk”, a wild edible plant gathering walk led by a professional ecology instructor. During this event, I will learn how to identify native wild edible plants, understand their ecological functions and historical uses, and master basic sustainable harvesting principles. The activity will also address general wilderness safety, ecological conservation awareness, and how to incorporate this knowledge into teaching content, especially in science and geography related courses to spark students' interest in and respect for the natural environment.

Reflection: As a teacher, I want my students to be able to connect their classroom knowledge with the real world, and outdoor learning is a bridge. Through this activity, I look forward to enhancing my teaching ability to use “nature” as a classroom and “observation” as learning, and to explore the possibility of transforming field collection activities into interdisciplinary inquiry projects. Additionally, this experience will help me direct my students' attention to food sources,

ecosystem health, and sustainable lifestyles, which is one of the directions I would like to take in my future teaching.

PD Activity 5 - Photography Workshop

https://collegeforartsandtech.com/lp/become-a-professional-photographer/?utm_medium=ppc&utm_source=adwords&utm_term=photography%20classes&utm_campaign=CAT+2023+-+Search+Ads+-+Network+T+BC&hsrc=4847539770&hsa_cam=22590752601&hsa_grp=179667044149&hsa_ad=754270780279&hsa_src=g&hsa_tgt=kwd-12705740&hsa_kw=photography%20classes&hsa_mt=b&hsa_net=adwords&hsa_ver=3&gad_source=1&gad_campaignid=22590752601&gbraid=0AAAAAD3r42acO3dKe7udElboLAu7GEPEi&gclid=Cj0KCQjwjdTCBhCLARIsAEu8bpIc72APgJczlMfokA_PckBT3-DfpsiSVXGj33odSAAxExax-qAaAow0EALw_wcB

Description: As a physics teacher and contracted photographer, I plan to attend a photography workshop to enhance my photography skills, especially in photographing nature and science related subjects. Through learning, I hope to be able to better utilize photography as a teaching aid to help students observe and document experimental processes. In addition, if there is a photography club in my school that needs guidance or assistance, I am willing to use my professional skills to support the club's activities and promote students' development in visual expression and creativity.

Reflection: Combined with my professional background in photography, I believe that photography can enrich classroom content, stimulate students' observation and thinking skills, and also help them express scientific phenomena in a more visual way. Although my primary role is as a physics teacher, using photography as a tool can broaden the means of teaching and enhance students' engagement and interest in learning. At the same time, participating in and supporting the school photography club can also help me establish closer ties with students and enrich the campus cultural life, which is of positive significance to my growth and professional development as a new teacher.

PD Activity 6 - Absorb LMS for Upskilling

https://www.absorblms.com/lp/upskilling/?gclid=Cj0KCQjwjdTCBhCLARIsAEu8bpLeCJrxZ3Y5R-KOwy5rvKzJaAZe14oQqWkUhy4mQOoG9sYTRaYH6hsaAnycEALw_wcB

Description: This link is a promotional page for Skills Enhancement Courses launched by Absorb LMS, an online learning platform for corporate training, which focuses on helping workplace professionals and educators enhance their professional competencies through digital learning solutions. While the platform primarily serves the training needs of corporate employees, it may contain relevant content applicable to the professional development of educators.

Reflection: As a teacher, participating in the platform's training in the coming year may bring multiple values to my professional development. Firstly, in terms of digital teaching ability, if the platform provides resources related to educational technology or online course design, it will

help me better adapt to the trend of informatized teaching and improve the teaching effect of a blended classroom. Secondly, the workplace soft skills courses in the platform, such as teamwork, communication and project management, can be translated and applied to practical work scenarios such as classroom teaching management, home-school communication, and teamwork in teaching and research. More importantly, this kind of training can broaden my professional horizons and let me understand the latest developments and methodologies in the field of corporate training, which will not only reserve cross-disciplinary competencies for my possible career transition in the future, but also assist me in thinking about innovations in classroom teaching methods.

PD Activity 7 - Leadership Coaching

https://www.talltreesleadership.ca/coaching-landing-page?gad_source=1&gad_campaignid=21363025812&qbraid=0AAAAoQHUKCUZbiz0FEKSe_mxL64IqYqw&qclid=Cj0KCQIwidTCBhCLARIsAEu8bpKGhCqTUGHX6o3GXFcEK9H3NXMIkSoBhZsxPg4XmnpLur3t7IrfZkaAoK6EALw_wcB

Description: This link is a promotional page for leadership coaching services offered by Tall Trees Leadership, Inc. for professionals looking to enhance their leadership, management skills and personal career development. The site contains one-on-one coaching services, leadership training courses or team development programs designed to help individuals or teams break through growth bottlenecks and achieve higher levels of professional performance.

Reflection: As a teacher, participating in a leadership coaching program like this may have a profound impact on my professional development. First of all, leadership development is not only applicable to corporate management, it is also crucial in the field of education - whether I am managing a class, leading a team of teachers and researchers, or involved in school administration, effective leadership can enhance my influence and work efficiency. The coaching service's training on communication skills, decision-making ability and emotion management can be directly applied to daily teaching and coworker collaboration, helping me to better handle complex working relationships. In addition, this kind of professional coaching may inspire me to rethink my career positioning, such as developing my future career in education management or expanding into new areas such as teacher training.

PD Activity 8 - Networking Coffee Chats

<https://www.coffeepals.com/blog/questions-to-ask-during-a-networking-coffee-chat>

Description: Through the CoffeePals platform I was able to attend Networking Coffee Chats on the topic of "How to Ask Effective Questions in Social Coffee Chats". It provides specific

suggestions for questions to ask to make connections and deepen conversations in informal professional social situations, helping readers to network more naturally.

Reflection: As a teacher, mastering these social skills has been beneficial to my professional development. The field of education also requires building a wide range of professional networks, and whether it's to share my teaching experiences with colleagues, meet educators from other schools, or reach out to professionals in the edtech or publishing industries, good social skills can open the door to more opportunities for me. The framing of questions suggested in the article can help me break through the awkwardness of first-time meetings, quickly establish a rapport for conversations, and gain valuable industry insights or collaboration possibilities in a relaxed environment. Using these skills in conjunction with teacher professional development activities may allow me to gain more substantial interpersonal resources in various educational seminars and workshops.

PD Activity 9 - Anti-Racism Online Program

<https://www.bctf.ca/topics/services-information/training-and-education/anti-racism-online-training-course>

Description: This is an anti-racism online training program offered by the BC Teachers' Federation (BCTF). This professional development resource is designed specifically for educators to help teachers identify, understand, and respond to racism in educational settings. The course focuses on developing educators' cultural sensitivity and anti-racist teaching skills.

Reflection: Participating in this anti-racism training has profound implications for my teaching practice. In the current multicultural educational environment, this program will help me better understand the experiences and needs of ethnically diverse students in order to create more inclusive learning spaces. Through systematic study of anti-racism education methods, I will be able to more acutely recognize implicit bias in the classroom and master effective intervention strategies. This will not only enhance my intercultural teaching skills, but also create a more equitable learning environment for all students. Completing this training as part of my professional growth will make me more prepared to address the important topic of equity in education, as well as meet the requirements for multicultural education in the BC Professional Standards for Teachers. Considering the importance of anti-racist education in contemporary schools, investing the time to complete this professional development program will have a positive impact on both my professional growth and the well-being of my students.

PD Activity 10 - Virtual Vision Board Workshop

<https://www.withconfetti.com/product/virtual-vision-board-workshop>

Description: This is the product page for the Virtual Vision Board Workshop offered on the Confetti platform. This is an interactive online workshop designed to help participants set and achieve personal or professional goals through creative visualization tools. The workshop includes guided exercises, group sharing, and digital vision board creation for personal growth, career planning, or team building scenarios.

Reflection: Participating in this virtual vision board workshop was uniquely valuable to my professional development as a teacher. As an educator, clear goal setting is essential for professional growth. By visually presenting my teaching vision, career path, and personal growth goals, I can be clearer about my future direction. The creative approach provided by the workshop is particularly suitable for teaching, a profession that requires continuous innovation and reflection, and can help me translate abstract educational ideas into concrete action plans. In a team environment, this kind of activity also promotes professional dialog and goal synergy with colleagues. Although the workshop is not specifically designed for educators, its core methodology can be well-transferred to educational scenarios, such as for setting goals for the school year, planning a professional development path, or inspiring pedagogical innovations. In the midst of a busy teaching schedule, such a structured opportunity for reflection and planning may be just the professional development booster I need.